



Senior NEWS

301-258-6380

December 2006



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

"The Light in the Piazza"

Kennedy Center Opera House , Washington, DC
Wed., Jan. 3, 2007

Depart: Noon **Return:** 6 p.m.

Fee: \$89 (includes transportation and show)

Deadline: Friday, Dec. 1 (trip cancelled if minimum not met)

"The most intensely romantic score of any Broadway musical since West Side Story" - New York Times

Six Tony Awards including Best Score (2005)

Direct from Broadway, this dreamy new musical sweeps you away to Italy, 1953. A mother and daughter traveling the Tuscan countryside meet a handsome Florentine who catches the daughter's eye. The woman tries in vain to keep them apart hiding a dark secret that will surely test their love. We have good (center orchestra) seats for this passionate and witty production.

Minimum: 20

Maximum: 25



Mark Your Calendar

JANUARY 1

Center Closed - HAPPY NEW YEAR

JANUARY 3

"Light at the Piazza" Kennedy Center

JANUARY 19

MD Science Center Trip

JANUARY 24

Sock Hop



If you are interested in being a Secret Santa to a local child identified by a school counselor, contact Denise Mornini at 301-258-6380.

Elegant Holiday Luncheon

Entertainment by jazz vocalist **Gail Marten** and pianist **Clem Ehoff**

Thursday, Dec. 14

Noon - 2 p.m.



The Center honors all the winter holidays with a delicious mid-day feast through the Nutrition Program (salmon with dill sauce or vegetarian quiche, oven-browned potatoes, grilled veggies, Caesar salad, rolls, rich desserts and cranberry punch). Please sign up early for this dress up affair because space is limited. Call 301-258-6380 or use the lunch form.

Bring a small gift to play an exchange game. After lunch don't miss the sophisticated entertainment provided by Gail Marten.

Offsite classes coming in February through Montgomery College:

Watercolor Techniques I - Feb. 13

Tai Chi - Feb. 20

Short Fiction From Around the World - Feb. 28

DIRECTOR'S UPDATE

Dear Members:

All who approach the entrance to our Gaithersburg Upcounty Senior Center are greeted by a friendly and welcoming sign that reads, "The Party's Here!" And isn't it the truth!

My first day at the Center 8 months ago was kicked off with a celebration of everyone's birthday during the month of March. That was just the beginning and was followed by several events including a picnic at Smokey Glen, an Ice Cream Social, a 'Hello Dolly Party', and the Harvest Moon Ball. We have gone on trips, attended plays, listened to entertainers, learned about a variety of topics and the list continues with wonderful opportunities that encourage an active, healthy lifestyle and celebrate our later years in life.

December is a month traditional in giving. Here is a thought for your consideration, a gift that can benefit our friends here at the Center many times over and is priceless - your time and talent.

We are very fortunate to have a Senior Council which is comprised of individuals who volunteer their skills to help make our Center the best it can be. They are your voice. Each member of the Council acts in an advisory capacity and represents the interests of the Center's membership. To do this well, it is important to have representation from as many cultures as possible, and from every group (bridge players, trip-goers, fitness folk, and so on) so that everyone's voice can be heard.

Serving on the Senior Council requires commitment and leadership. Each Council member sits on a committee such as: Facilities (Joe Pizzonia, Chair), Activities (John Rhee, Chair), Communications (Peggy Rothrock, Chair), and Cultural Diversity (Vandana Kharod, Co-Chair). Each of these chairs needs help from those of you who are willing to get involved, share your skills, and work hand-in-hand with the Council and with me.

We are fortunate to have a very hard working and creative staff. Our members are very important and our goal is to provide the best in programming and services for you that we can. Your participation on a committee can help make that possible. Each successful event and program lifts the bar one more notch. We need to hear from you as to what you would like to see offered. Not everything will be possible, and the greatest good to all will always be a priority, but your voice is a very valuable part of the process.

If you are interested in knowing more, please do not hesitate to stop by my office or call me at 301-258-6380 for additional information.

All of us at the Gaithersburg Upcounty Senior Center wish you and yours the best in holiday cheer and a joyful 2007!

Grace

The Senior News Now Online!

You can now read the *Senior News* online. Visit the City site at www.gaithersburgmd.gov

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

WELLNESS PROGRAMS

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, Dec. 27

Time: 10:30 a.m. – noon

In Sympathy



Sympathy is extended to the family and friends of Ann Harrington who recently passed away.

Meditation

Thursdays, 1 p.m.

Join Maggie Wesley

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

Stress Reduction Class

forming. Contact Maggie Wesley, LSW, at 301-258-6380 if you are interested.

Sharing Memories

Thursdays at 11 a.m.



The Nurse Is In!

Fridays 9 a.m. - 3 p.m.

Sign up that day at the front desk for HeartWell patients.
Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

DECEMBER '06 Activities with Gaithersburg Chapter #5358 of AARP

Tues., Dec. 12 Monthly Chapter Meeting 4 - 8 p.m.

4 p.m.

* Holiday Community Service

Project
5:30 p.m.

Chef Sia's Holiday Ham Dinner (\$10). A brief business meeting will be held after dinner with induction of officers for 2007-2008.

6:40 p.m. Enjoy a program of music and humor by Deena Javor.

Program registration and payment for dinner and games is required by 2 p.m. on Monday, Dec. 11.

*Holiday Community Service Projects

Help with donations and shopping for gifts for residents of nursing homes and shelters. We accept new and almost new household items and work related clothing and accessories for women needing to make a new start. Clothing and new unwrapped toys for their infants and children are also welcome. We package toiletry bags for the adults. Monetary donations for gifts would be welcomed.

We will also be making decorative craft items to give as gifts to residents of these programs on two days. Follow easy directions: all materials will be provided on Dec. 5 at 11 a.m. or Dec. 7 at 12:45 p.m.

Opportunities

Nancy Kupperian, a chapter member, is has invited us to join some trips she is organizing for Spring 2007 - a Tulip river cruise in Holland; a Panama Canal trip on April 25 from Fort Lauderdale; and an Alaska trip in June.

Contact her by phone- 301-428-3366 or email- nkupperian@comcast.net for information on itineraries, dates and costs.

Members of the Senior Center and the local senior community are invited to join in our trips, projects and meetings which are held at the Gaithersburg Senior Center. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Dr., Gaithersburg, MD 20878. For more information on any of the above contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

December Birthdays



12/01 Jane Adams
 12/02 Frank Poiani
 12/02 Ghulam Sugran
 12/06 Joseph Jagemann
 12/06 Ellen Stahl
 12/08 Joan Dwyer
 12/08 Daphne Schor
 12/08 Kay Poch
 12/09 Joseph Pizzonia
 12/10 Jose Valdes
 12/14 Sue Tissian
 12/15 Fahmida Khanam
 12/15 Cookie Stevens
 12/16 Noela Noronha
 12/16 Marguerite Glusing
 12/17 Jaya Dave
 12/18 Agnes Bess
 12/19 Alyce Ross
 12/20 Sue Rivas
 12/20 Jacqueline Krummenacker
 12/20 Nirmal Arora
 12/20 Anju Shah
 12/22 Tae Hun Yi
 12/23 Madeline Britnell
 12/23 Victoria Rios
 12/24 Patricia Jagemann
 12/25 Kamla Butaney
 12/25 Sayeeda Karim
 12/25 Pearl Dolinskiy
 12/25 Sok Tae Son
 12/25 Carla Weinberg
 12/25 Greta Kunkle
 12/27 Catherine Thomas
 12/29 Peggy Lewis

Celebrate Dec. 28



Singing Seniors

The singers will practice Wed., 12/6 and invite us to Sing-Along on Wed. 12/20 at 11 a.m.

FREE Computer Classes



TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions.

THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

Kwanza Program

Wednesday, Dec. 15

12:45 p.m.

Jennie Cargill will help us experience the joyous and spiritual African-American tradition with stories, tastes, and candles.

Offsite classes coming in Feb. through Montgomery College:

- Tai Chi
- Watercolor Techniques I
- Short Fiction From Around the World

Donations Needed:

❖ Do you have **yarn** you'll never use? Consider donating it to the Senior Center and it will be used for lap robes or baby blankets for charity.

❖ Unused blank, get-well and sympathy **cards** comfort our friends.

❖ Prescription glasses are being collected for the Lions Club.



Yoga Adapted for Seniors



Mini-Session

Dates: Tuesdays, Jan. 2 - March 27 (twelve sessions)

Time: 11 a.m. **Fee:** \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

Minimum: 10 **Maximum:** 25

Learn to Read and Sing Choral Music



Wednesday, Dec. 13 & 27

11 a.m.

Betty Sewell will help you learn to sing from sheet music.

"Core and More"

Mondays

2 p.m.



Fridays

3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

CLASSES

* **Late joiners are welcome!**
(see program sheet)

Ballroom Dancing

Beginning

Dates: Tuesdays, Dec. 5 - 19

Time: 3 p.m.

Fee: \$15 (three sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, Dec. 5 - 19

Time: 2 p.m.

Fee: \$15 (three sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Quilting Fridays

FREE

1 p.m.

Share experience, materials and ideas.

Intermediate Pottery

Dates: Wednesdays, Dec. 6 – Jan. 24 (eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6

Maximum: 8



Beginning English

Dates: Tuesdays

Time: 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

Minimum: 10 **Maximum:** 20



Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Miriam Colon to Latin rhythms.



F.Y.I. F.Y.I. F.Y.I. F.Y.I. F.Y.I. F.Y.I. F.Y.I.

- ❖ The **Children's Inn at NIH Craft Program** will return in January.
- ❖ Due to the installation of our new flat screen TV, morning exercise classes will be cancelled on Dec. 14.
- ❖ Supportive shoes should be worn in all fitness and dance programs!
- ❖ Bridge cancelled Thu. 12/14 to allow entertainment after holiday lunch.
- ❖ Genealogy Workshop and Book Discussion will resume in January.
- ❖ Step2Music will be cancelled Dec. 18 - 31.

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING

Dates: Wednesdays, Jan. 3 - March 21

Time: 1 p.m.

Fee: \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

STABILITY BALL

Dates: Thursdays, Jan. 4 - March 22

Time: 10:30 - 11:30 a.m.

Fee: \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.

The Gaithersburg Upcounty Senior Center



Gaithersburg
A CHARACTER COUNTS! CITY

DECEMBER 2006

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More
3pm QOHS Chamber Singers
4pm Holiday Decorating Party

*Nurse is In
9 a.m. - 3:00 p.m.*

2

3

4

9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:45pm Senior Council
12:50pm Bingo
1:30pm Book Club
2pm Embroidery
2pm Core and More

5

8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am AARP Craft
11am Beg. English
11am Yoga
12:30pm Bridge
1pm Mah Jongg
2 pm Int. Ballroom
3 pm Beg. Ballroom

Goodie Exchange

6

9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Singing Seniors
12:30pm Bereavement
12:45pm Watkins Mill HS Chorus performs
1pm Weight Training

7

8:30am Longevity Stick
9am Energize
9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Connect-A-Ride
11am Internet
11am Stroke Support
11am Share Memories
12:30pm Bridge
1pm Meditate

*Olney Theatre
"Cinderella"*

8

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

9

10

11

9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:30pm Internal Light
12:50pm Bingo
2pm Embroidery
2pm Core and More

*Annapolis
Great House Tour*

12

8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
1pm Mah Jongg
2pm Int. Ballroom
3pm Beg. Ballroom

13

9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Learn Music
11am No Foot Left Behind
12:30pm Bereavement
12:45pm Kwanza
Program
1pm Crochet

14

9:30am Poker
10am Stability Ball
11am Internet
11am Stroke Support
11am Share Memories
1pm Meditate



**HOLIDAY
LUNCHEON**

15

9am Exercise
10am Exercise
10am Computer Help
10:30am Watercolor
12:30pm Chorus of
Cuties performs
12:50pm Bingo
1pm Quilting
3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

16

17

18

9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:50pm Bingo
2pm Embroidery
2pm Core and More

**Lunch Bunch
Tower Oaks
Lodge**

19

8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
1pm Mah Jongg
2pm Int. Ballroom
3pm Beg. Ballroom

*Shopping in
Leesburg*

20

9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Singing Seniors
12:30pm Bereavement
12:45pm Coffee Klatch
1pm Crochet

21

8:30am Longevity Stick
9am Energize
9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Share Memories
12:30pm Bridge
1pm Meditate
1pm Sue Johnson
performs Holiday Cheer

22

9am Exercise
10am Exercise
10am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

23

24

25

**Senior Center
Closed**



Christmas

26

8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
12:30pm Bridge
1pm Mah Jongg

27

9am Exercise
10am Exercise
10am Int. Pottery
10:30am Blood Pressure
11am Step 2 Music
12:30pm Bereavement
1pm Crochet

28

*Birthday
Celebration*



8:30am Longevity Stick
9am Energize
9:30am Poker
10am Chair Exercise
11am Ritmo Latino
11am Internet
11am Stroke Support
11am Share Memories
12:30pm Bridge
1pm Meditate

29

9am Exercise
10am Exercise
10am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

30

31

ACTIVITIES AND TRIPS

Annapolis Great House Tour

Hammond-Harwood House (1774)

William Paca House (1763)

Date: Monday, Dec. 11

Depart: 9 a.m. **Return:** 4 p.m.

Fee: \$39 (includes transportation, entrance and docent tours for both houses, soup, entrée, dessert, beverage and gratuity)

Deadline: Monday, Nov. 27

Visit two grand manors in Annapolis elegantly decorated for the holiday and have lunch in the time between at Phillips Annapolis Harbor.

Select from menu on registration form.

Lots of walking.

Minimum: 20

Maximum: 33



International Goodie Exchange

Tuesday, Dec. 5

12:45 p.m.

Share your traditional winter holiday treats...be it cookies, cake, candies, breads, nuts, fruits or something we have never tried! Make sure to make small pieces so many can sample. Maggie will elicit the memories that these sweets hold.



"Cinderella" at Olney Theatre

Thursday, Dec. 7

Depart: 11 a.m. **Return:** 5 p.m.

Fee: \$32 (transportation and show)

Deadline: Monday, Dec. 4

We'll have lunch first at New York style deli B.J. Pumpnickel's. (Order from the menu and pay in cash) Showtime is 2 p.m. for the enchanting musical by the legendary Rodgers and Hammerstein featuring a charming prince, a pumpkin coach, one spunky fairy godmother, and an ash-smudged dreamer with a heart of gold.

Only 19 tickets available.

Maryland Science Center and Top of the World Baltimore Inner Harbor

Date: Friday, Jan. 19

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$27 (includes transportation, admission to locations, IMAX film and planetarium show)

Deadline: Friday, Jan. 5

See the Imax movie "Alaska", explore exhibits and view the stars in the Planetarium. Have lunch on your own in one of the nearby restaurants and enjoy free time to shop. At 2 pm we will regroup at the drop off point and walk to Top of the World for a panoramic view of Baltimore's skyline. **Lots of walking.**

Minimum: 20

Maximum: 33



Lunch Bunch

Upscale Lunch Bunch to Tower Oaks Lodge

2 Preserve Parkway, Rockville

Date: Monday, Dec. 18

Depart: 11:30 a.m.

Return: 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Friday, Dec. 15

We'll celebrate the good life together eating fresh, classic American cuisine in a stylish hunt club setting. Order from the menu and pay in cash (expect to spend \$20 or more).

Minimum: 10

Maximum: 15

Shopping at Leesburg Corner Premium Outlets in Leesburg, VA

Date: Tuesday, Dec. 19

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$7 (transportation only)

Deadline: Friday, Dec. 15

There are 110 name-brand stores in an outdoor village setting. Take advantage of the Tuesday 50-Plus Shopper Club by bringing a photo ID with proof of age to participating stores and receive additional savings. Go where you choose, but expect lots of walking!

Minimum: 15

Maximum: 33

LECTURES

Connect-a-Ride Lecture

Thursday, Dec. 7 at 11 a.m.

Abby Levin from the Jewish Council for Aging will tell you about transportation options for seniors. She will bring Metro Access and Call n Ride applications and assist anyone interested in filling them out. Flyers will be available in Spanish.

"No Foot Left Behind"

Wednesday, Dec. 13 at 11 a.m.

Podiatrist Dr. Chris Majewski will be back to discuss the importance of foot care. Over a lifetime, people will walk, on average, about 115,000 miles. Three quarters of people in the US have foot problems at some time in their lives. Good foot care can help prevent many of these problems.

Holiday Cheer

Quince Orchard High School

Chamber Singers Concert

Friday, Dec. 1

3 p.m.

Select, pure, youthful voices sing seasonal songs. The City bus will make a second run at 4 p.m. for City bus riders who want to stay. (Sign up on the program sheet.) All during the afternoon we will need help **Decorating the Senior Center**. Please participate in any way you can. Refreshments will be served.

Watkins Mill High School

Choral Concert

Wednesday, Dec. 6

12:45 p.m.

Harmonies from earnest teens will light up our afternoon.

Lake Seneca Elementary School

Chorus of Cuties

Friday, Dec. 15

12:30 p.m.

Help us welcome these little joyful singing elves. Goodie bag stuffers will be needed in the morning so we can thank them for their performance. See Denise.

Holiday Cheer with Sue Johnson

Thursday, Dec. 21

1 p.m.

As the first day of winter approaches, Sue's piano and vocals will warm our hearts.

Coffee Klatch

Wed., Dec. 20 at 12:45 p.m.

This is your venue for observations, ideas, concerns and solutions to Senior Center business.

SUPPORT SERVICES

"Book Club" for Individuals with Aphasia

Monday, Dec. 4

1:30 p.m.

Fee: \$30

Call 240-475-8786 for information.

Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare & Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

Internal Light

Monday, Dec. 11
12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Caregiver's

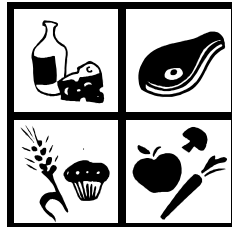
Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Call 301-258-6380.



Bad Weather Closing Policy

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed.

The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!

Legal Services

Legal Services are available free to seniors, age 60 and older. Legal Aid Bureau services include:

Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	28 de diciembre	12:45 p.m.
Tomarse la Presión	27 de diciembre	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

REGLAS PARA CERRAR EL CENTRO DURANTE EL INVIERNO

Si el tiempo está malo y las escuelas públicas del condado de Montgomery cierran, el Centro estará cerrado también. Si las escuelas abren tarde, el Centro estará abierto, pero no se proveerá transportación. Si la temperatura está baja y las escuelas están cerradas, por favor escuche la televisión ó la radio para más información.

RITMO LATINO

Día: jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. !No se lo pierda!

PROGRAMA DE KWANZA

Día: miércoles 15 de diciembre

Hora: 12:45 p.m.

Jennie Cargill nos ayudará a experimentar las gloriosas tradiciones espirituales Afro-Americana a través de historias, velas y sabores.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 pm

Dirigido por: Luz Maria Freytes

Nos reunimos una vez por semana a leer un capítulo del libro, y después discutimos nuestras opiniones y como poder encontrar las soluciones a los problemas diarios.

Es muy interesante. No se lo pierda!

INTERCAMBIO DE GALLETAS INTERNACIONALES

Día: martes 5 de diciembre

Hora: 12:45 p.m.

Durante este evento usted podrá compartir sus tradicionales galletas navideñas, pasteles, pan, nueces y frutas que quizás otros no han probado. Por favor traígalos en pedazos pequeños para que todos puedan saborear. Maggie les explicará de quien y de donde vienen esos deliciosos sabores.

ALMUERZO ELEGANTE NAVIDEÑO

Día: jueves 14 de diciembre

Hora: 12n. - 2 p.m.

En los días festivos de Invierno, el Centro ofrecerá un almuerzo delicioso a través del Programa de Nutrición. El menú será: Salmón con salsa y sazón de hierbas, ó quiche vegetariano, papas al horno, vegetales, ensalada caesar, pan, postre y jugo de cranberry. Por favor regístrese lo más pronto posible porque los asientos son limitados y también le pedimos que sea generoso con su donación. Si desea traiga un regalo navideño para intercambiar. Después del almuerzo habrá entretenimiento por Gail Marten.

VIAJE DE COMPRAS A LAS TIENDAS DE DESCUENTO EN LA ESQUINA DE LEESBURG, VA

Día: martes 19 de diciembre

Salida: 10 a.m.

Retorno: 4 p.m.

Costo: Transportación \$7

Fecha de vencimiento:

Tome ventaja de éste viaje a las tiendas de descuento para hacer sus compras navideñas. Además si lleva con usted su identificación puede recibir descuentos adicionales.

Mínimo: 15 **Máximo:** 33

GOZO NAVIDEÑO CON SUE JOHNSON

Día: jueves 21 de diciembre

Hora: 1 p.m.

Como el invierno se acerca, Sue con su talento tocará el piano y nos deleitará con música bonita que nos alegrará nuestros corazones.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
John B. Schlichting

Council Member
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

Classes and Programs for DECEMBER 2006

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins Dec. 5, 2006 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
20977	Intermediate Pottery	Dec. 6 – Jan. 24	\$8
21513	Book Club	Dec. 4	\$30
21506	Beginning Ballroom Dance	Dec. 5 – Dec. 19	\$15
21507	Intermediate Ballroom Dance	Dec. 5 – Dec. 19	\$15
21508	Yoga Adopted for Seniors <i>(no class March 20)</i>	Jan. 2 – March 27	\$30
21511	Weight Training	Jan. 3 – March 21	\$12
21512	Stability Ball	Jan. 4 – March 22	\$12
21505	Decorating the Senior Center		
	<input type="checkbox"/> Transport 4 p.m. for City bus riders	Dec. 1	N/A
20968	"Cinderella" at Olney Theatre	Dec. 7	\$32
20974	Annapolis Great House Tour		
	<input type="checkbox"/> Crab cake sandwich		
	<input type="checkbox"/> Caesar salad with salmon		
	<input type="checkbox"/> Pasta with tomato/basil sauce	Dec. 11	\$39
21502	Upscale Lunch Bunch to Tower Oaks Lodge		
	<input type="checkbox"/> Transport	Dec. 18	\$4
21501	Shopping at Leesburg Corner Premium Outlets	Dec. 19	\$7
20970	"The Light in the Piazza" Kennedy Center	Jan. 3, 2007	\$89
21503	Maryland Science Center and Top of the World	Jan. 19, 2007	\$27

**** If you would like to join a class that has already started ask at the front desk for a pro-rated fee.***

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Registrations will not be processed until the 5th of the month!

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

Check if you need special accommodations.

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____